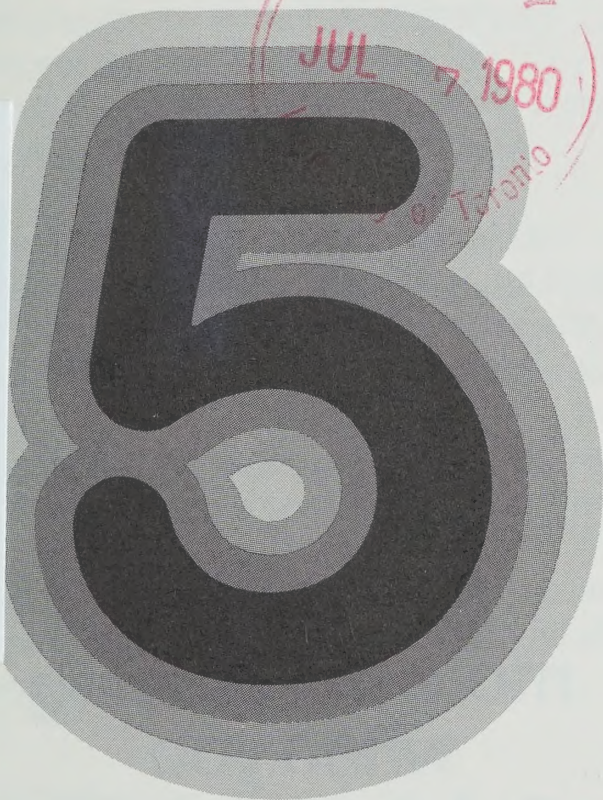
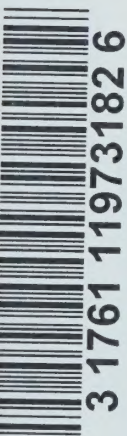


FitFive

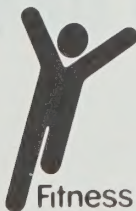
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Awards Program Scoring Booklet



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Fitness Ontario En forme



**You get
more out of living
when you
put more into life.**

Congratulations

You can be very proud of your achievement in completing the first four levels of the FitFive Adult Awards Program. No doubt you will soon earn your fifth and final award.

When you do complete this program, it's certainly not the end. It's really only the beginning. Keep on enjoying the fun and sense of well-being which comes from an active lifestyle.

As we have said throughout this program, "You get more out of living, when you put more into life." I'm sure you have discovered how true that is. And it's just as true for the province as a whole.

Ontario will grow healthier and more vigorous too, as more and more people join you in the active lifestyle.

Once again, congratulations. I hope you will continue to enjoy your FitFive activities and all the personal benefits they bring.

Reuben C. Baetz

Minister of Culture and Recreation

FitFive Personal Lifestyle Evaluation

Habits related to our “lifestyle” such as eating, exercising, relaxing, drinking, smoking, have direct effects on our physical well-being. But it is becoming increasingly more evident that those who are physically active are more aware of how these habits affect their daily lives.

Now that you have reached the Fifth Level of the FitFive Program, let's evaluate your lifestyle. When you've completed the FitFive Personal Lifestyle Evaluation, you may find it interesting to compare your present lifestyle with the lifestyle you kept before becoming active. When answering the following questions, use the handy personal evaluation form on pages 4 and 5

1. Eating:

- (a) How many times a day do you eat?
- (b) Do you eat a nutritious breakfast daily?
- (c) Does your daily diet include portions from each of the 4 main food groups?
 - 1. Milk & milk products 2. Meat & alternates
 - 3. Fruits & vegetables 4. Bread & cereals
- (d) Do you feel comfortable with your present weight?

2. Exercising

- (a) Are you more active now than before you

started your FitFive Program?

- (b) How many times a week do you exercise for 30 minutes or more?
- (c) What new activities have you experienced since starting your program?

3. Relaxing

- (a) Have you found any improvement in your ability to relax?
- (b) How do you relax?
- (c) Do you feel activity has enabled you to more effectively cope with stress?

4. Drinking

- (a) How much alcohol do you consume on a daily average?
- (b) Are you more aware of your limits?
- (c) Do you drink coffee or tea? How many cups a day?

5. Smoking

- (a) Did you smoke before starting FitFive?
- (b) Do you smoke now?
- (c) If so, how much each day?
No. of cigarettes ____ No. of cigars ____
No. of pipefuls ____
- (d) If you did smoke, but have since quit, what differences (if any) do you notice?
- (e) Does someone in your family presently smoke? If so, how many persons?

FitFive Personal Lifestyle Evaluation Response Chart

Category	Question	Response		
		Past	Present	After 5th Level
Eating	(a)			
	(b)			
	(c)			
	(d)			
Exercising	(a)			
	(b)			
	(c)			
Relaxing	(a)			
	(b)			

Drinking	(a)				
	(b)				
	(c)				
Smoking	(a)				
	(b)				
	(c)				
	(d)				
	(e)				

Date started program _____

Date completed this questionnaire _____

Total (in months) _____ to bring about these changes

The best is yet to come

By now you probably realize and appreciate the tremendous potential an active lifestyle has to offer. Your fitness horizons should be broader than ever before. And your completion of the FitFive Program is proof that you get more out of living when you put more into life.

More importantly, you now know you can do it! So let's take a look at some of the ways you can continue to enjoy physical activity.

By this time you are probably comfortable with the activity format of the FitFive Program. You may wish to simply proceed along these same lines by drawing up your own scoring chart and recording your activity time just as you have been doing all along. Set targets that seem reasonable and when you have achieved your goal, reward yourself with a new pair of running shoes, a new racquet or a new jogging suit or whatever seems most appropriate.

Keeping a Daily Fitness Diary is another interesting addition to your program. We have included a sample in this booklet. Pages 10 and 11 show a simple format for a diary. Pages 12 and 13 give you an example of how it might look when completed. If you like the idea, simply make copies of the blank diary and use them to keep track of your week to week progress.

Once you get into the habit of keeping a diary such as this, it will be easy to see just how well you are progressing. It also gives you an indication of factors that affect your lifestyle.

Most communities in Ontario provide you with a variety of facilities open to the public for activities ranging from organized sport to light exercise classes. Here are a few suggestions:

Local recreation facilities are an area you may wish to explore. If your municipality has its own community centre, you'll likely find it offers a good variety of activity programs.

Traditionally, the YMCA/YWCA has been a pioneer in community fitness. A wide range of programs are usually available for people of all ages—from Fitness through Disco to Healthy Back Classes to Slim 'N Trim to Noonhour Fitness for office workers. Invariably, quality instruction and facilities are available.

Many colleges and universities make their extensive recreational facilities available to the public. They have highly qualified staff and many specialized programs, a number of which take place in the evenings so as not to interrupt your working day. If you live near a college or university, it is certainly a possibility worth investigating.

On the other hand, a private health/fitness/racquet club could be just what you're looking for. They are usually very well equipped and often include the luxury of carpeted locker room floors and a lounge.

Recreational sports leagues are another very good way to stay active. Your participation need not be on a highly competitive level at all times. Pick a sport that suits your personal objectives and preferences. If you feel you would like the comraderie of a team sport, many communities offer a wide range of amateur leagues for sports such as Lob Ball, Old Timer's Hockey, No Body Contact Hockey, Bowling, and so on.

If you prefer the idea of individual competition, as you find in tennis, squash, racquetball or track, you will often find clubs and facilities readily available in many communities.

Whatever sport you choose, remember the degree of competition is relative to the level of participation you desire. Winning does not have to be the ultimate objective. Your goals should primarily be fitness and enjoyment.

You may wish to find out if your community has clubs such as curling, hiking and cross-country skiing. These activities can be enjoyed on an individual level or as a family.

All of us at Fitness Ontario take our hats off to you because we know it hasn't always been easy to get out there and run your mile or two, or turn down that second helping of your favourite dessert.

But just the same, you did it—and you know it.

So why not tell a friend. If you know someone who could benefit from FitFive the way you have, encourage them to go after the active life. You're proof that it's a healthier, happier way of living. We certainly hope you won't hesitate to drop us a line now and again, to let us know how you're doing. We'd appreciate it.

With only 500 circles left to go in your FitFive Program, you might want to start planning for the future. Will you follow the FitFive format, or will you try something completely new? Whatever way you decide to continue your active lifestyle, one thing is for sure—THE BEST IS YET TO COME!

Daily Log

1.

NAME: _____ MONTH: _____

First Day of Month: _____ Last Day of Month: _____

Weight _____

Nutrition _____

Activity Level _____

Stress _____

Activity Code: _____ Comment Areas: _____ Weather: _____

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>



Daily Log

1.

NAME: Carol Smith

MONTH: November 1979

First Day of Month:

Last Day of Month:

Weight 151

Weight 153 148

Nutrition Bad today - sugar

Nutrition Good

Activity Level O.K. - 30 min.

Activity Level Good - 45 min.

Stress Pressure at work

Stress Terrible day - car broke down

Activity Code: W - Walking
S - Swimming
R - Jogging
DA - Dance Class

Comment Areas: Feelings, how I
got up playtime
for me, food,
stress Weather:

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div></div>	<div></div>	<div></div>	<div></div>	<div>1</div>	<div>2</div>	<div>3</div>
				Too cold out R - 30 Food -	Great Morning W - 30 DA - 1½ hrs. Food	Ugh! Weekend - Food binge.

4	5	6	7	8	9	10
	Hard time getting up Bad day - stress Food good R-1 mile	Food S-1½ hrs. Feel good	Food No play time	Rain W-2 mi. 1 hr. for me after work. DA-1 hr.	Food W-30 min.	Another weekend - the pits Food - Exercise
11	12	13	14	15	16	17
Food better no activity	Food - Wow! W-30 min.	Food OK Walked a mile I like myself today	Food - yikes! XX W-30 min.	Tired today -no work-out Food terrible (chocolates)	2 desserts X! Slept too much last night W-30 min.	Sunny Congratulations Smitty great food W+R -1½ hrs.
18	19	20	21	22	23	24
Boring day Food Exercise	Food good W-30 min	R-2 mi Food great Stress at work!	Caught a cold W-30 min.	COLD! Feel lazy	COLD	Nice day Cold leaving R-1 mile
25	26	27	28	29	30	
Visited Dad Tension Food Exercise	Food W-30 min.	RAINY! BLAHS!	Food - X Skipped fitness class - wish I'd gone	Too tired to play today Food - Exercise	Sunny DA-1 hr	

How I Did: This Month's Profile

What I Wanted to Do:

What I Did:

Observations about myself, my exercise patterns, my habits etc.

Things I would like to change for next month

How I Did: This Month's Profile

What I Wanted to Do:

- Lose 4 lbs.

- Wear my new slacks

- Improve overall fitness

What I Did:

Lost 3 lbs - OK Smitty

Wore my new slacks!

- Hard to tell-maybe!

Observations about myself, my exercise patterns, my habits etc. I am definitely on the upswing - still problems with sweets but my attitude towards food is definitely improving!

Things I would like to change for next month - Lose 4 lbs! Less candy. More self-control on weekends with food. More playtime for me.

Activity chart

Time for 1 circle

BODY WEIGHT

CODE		Kg	45	68	90	113
LETTER	ACTIVITY	LBS.	100	150	200	250

5 minutes of...

Calorie Cost of 1 hr. of Activity

CT	Conditioning Training (Circuit Fartlek)	450	550	640	700
R	Running (Jogging, skipping) 5 mph	450	550	640	700
S	Swimming (pace 45 yds. in one minute)	345	529	713	775

10 minutes of...

BB	Basketball (semi-vigorous)	400	550	650	675
CA	Canoeing (competitive training)	550	670	740	780
CY	Cycling (13 mph)	424	651	877	952
FL	Floor Hockey (forwards)	600	740	800	840
OR	Orienteering (semi-vigorous)	400	500	550	580
RO	Rowing (20 strokes per min.)	540	828	1,116	1,212
SN	Cross-country Skiing (semi-vigorous)	550	630	700	750
SR	Squash, racquetball, handball	600	710	760	780
SH	Snowshoeing (semi-vigorous)	350	440	480	510
S2	Swimming (pace 20 yds. in one minute)	190	291	392	426
WP	Water Polo	600	700	770	810
W	Wrestling	700	820	900	950

15 minutes of...

BD	Badminton (semi-vigorous)	280	350	400	420
DA	Dance (creative/traditional)	250	330	360	380
H	Hockey (forward) - Ringette	700	900	1,000	1,050
MA	Martial Arts (judo, karate, etc.) (semi-vigorous)	600	750	820	850
SO	Soccer	353	542	730	793
SS	Skating (non stop) (moderate)	250	330	360	370
WK	Walking (a 15 minute walk can change your life)	250	310	350	380
T	Tennis (semi-vigorous)	350	440	480	520

30 minutes of...

C2	Canoeing (non-stop)	200	275	300	320
CY	Cycling (5.5 mph)	200	250	280	300
SD	Skin Diving (Snorkel)	350	440	480	510

Bonus category

HF	Canada Home Fitness test *(THE FIT-KIT).
----	--

The degree of exercise intensity required to expend the number of calories is indicated for some of the activities within brackets.

(Credit Bonus Points Once Annually) *Caloric Information From:
Fitness Finders Calorie Counter, Spring Arbour, Michigan
YMCA Shape Up and Live—By John Stothart

*The Fit-Kit Box 5100 Thornhill, Ontario

Bonus Circles

Standardized test of fitness

The objectives of the Standardized Test of Fitness are: to establish a standard test of fitness, to create an awareness of fitness and a healthy lifestyle, and, to provide standards so Canadians can measure their fitness improvement.

As part of this final level of the program you might have your present level of fitness compared with the norms described in the Standardized Test. You can earn a maximum of 36 bonus circles which can be applied toward your fifth level progress.

YM-YWCA's, municipal recreation departments and other fitness service agencies, perform the Standardized Test of Fitness as prepared by the Minister of State for Fitness and Amateur Sport.

The test

Physical Fitness has numerous components. The test measures six components of fitness and you are compared in one of six categories; excellent, good, minimum, below minimum and poor. The tests include:

1. Percentage body fat
2. Grip strength

3. Push-ups (to measure muscle endurance)
4. Sit-ups (to measure muscle endurance)
5. Trunk flexion (to measure flexibility)
6. Aerobic capacity

Bonus Circles

Bonus circles are awarded for achieving one of the top three levels for each of the six tests.

Test 1% Body fat–Slim = 6 circles

 Ideal = 4 circles

 Average = 2 circles

Test 2 to 6

 –Excellent = 6 circles

 Good = 4 circles

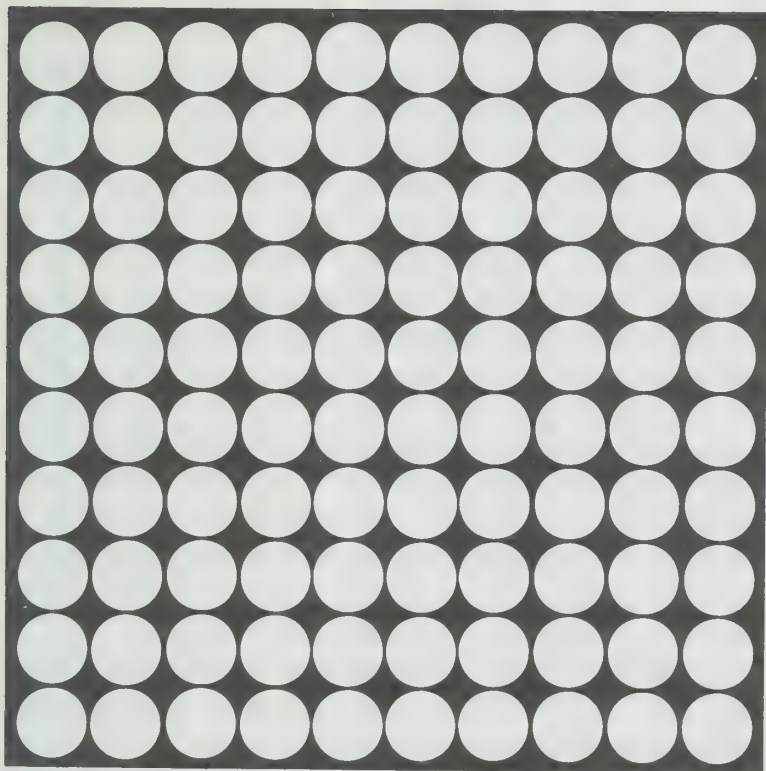
 Minimum = 2 circles

Simple do's and don'ts

1. Wear gym clothes–Men: shorts and running shoes
 Women: T-Shirt, shorts and running shoes (no leotards please)
2. Take your doctor's address with you.
3. Avoid smoking for one hour before the test.
4. Avoid eating a big meal, or drinking coffee, tea or alcohol, two hours before the test.
5. Do not exercise on the day of your test.
6. If you have a cold, or otherwise feel ill, change your appointment.

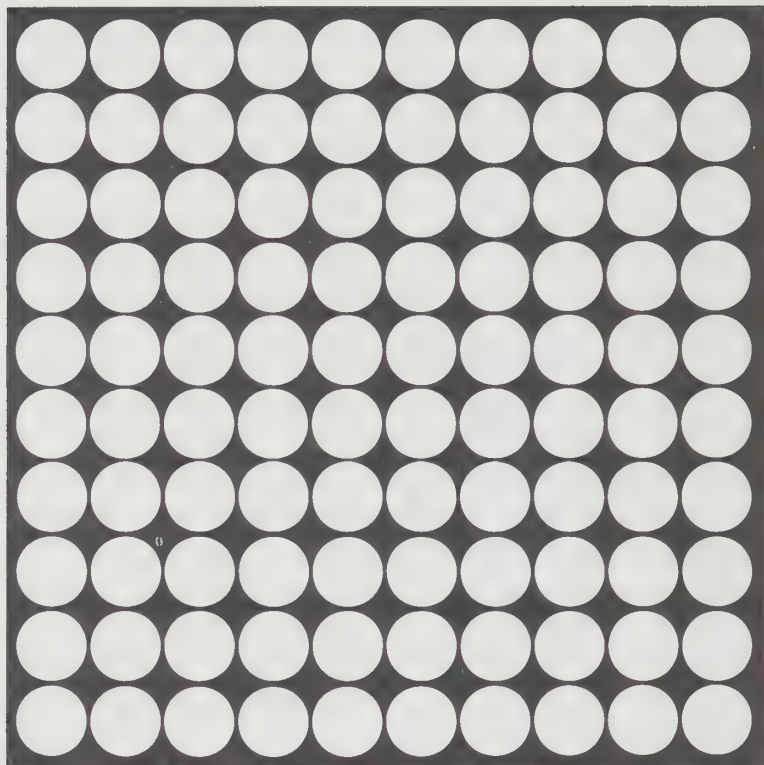


Here you go...

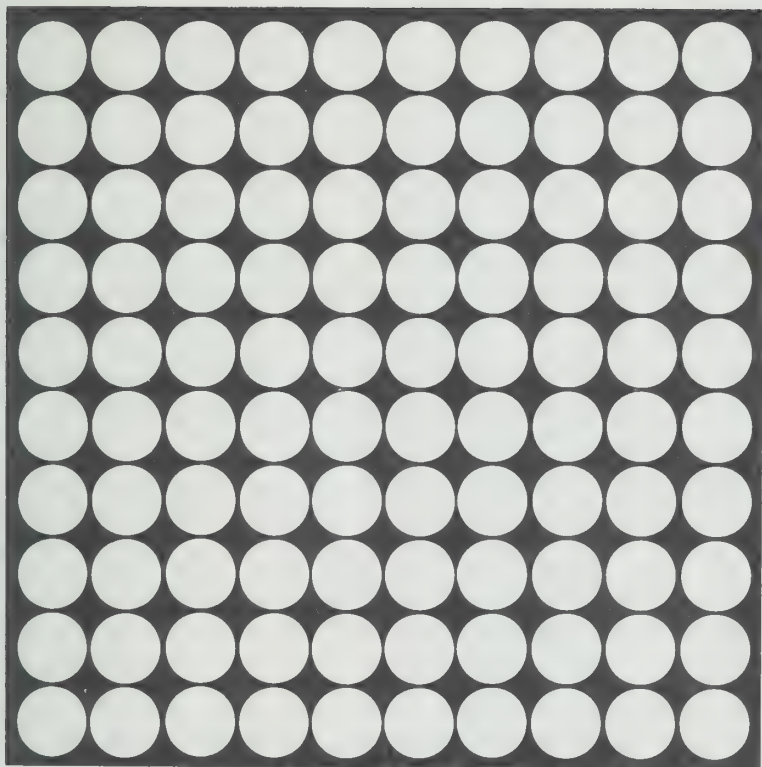


Fifth Level score page

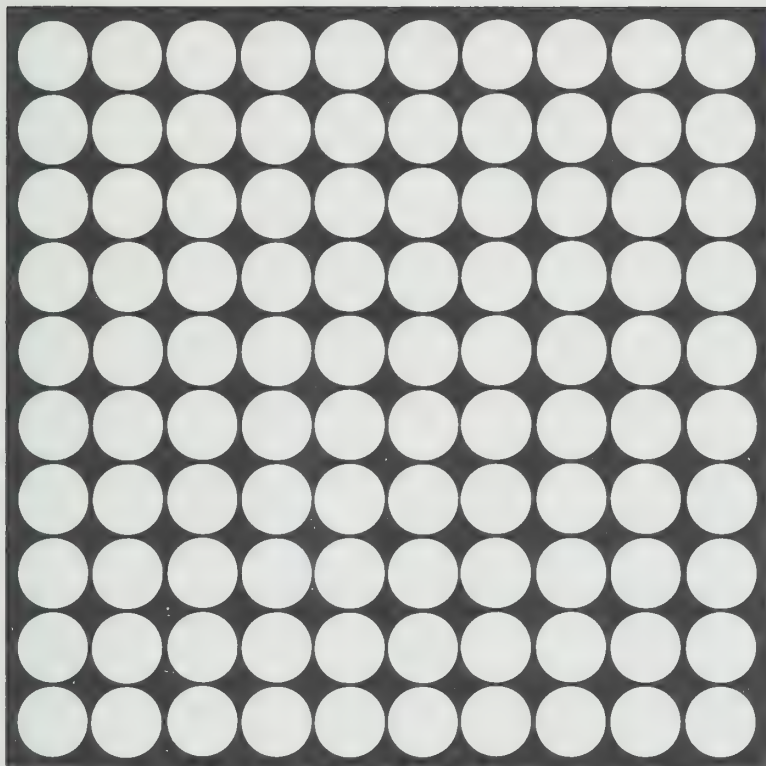
When you have completed one or more activities, write the code letter in the appropriate number of circles. Every circle is a point in your favour.



Keep it up, you're doing just fine



You're over half the way there.



...You did it!

Fifth Level

Date Started _____ Date Completed _____

Signed _____

Congratulations!

Well, how does it feel? You've now completed the Fifth and final Level of your FitFive Awards Program.

You deserve to be proud. And you have certainly earned the honour of receiving your Fifth Level Certificate of Excellence.

By now, you should be quite familiar with the procedure:

Simply, fill out the award application form and send it to us along with your completed score pages.

We'll mail you your colour-coded awards as quickly as possible. And don't forget to keep up the good work. There's still a lot of living to do!

5th Level Award Application Form

FitFive

Registration Number

Office Use

TR

LVL

INITIALS

5	7	3
---	---	---

1

9

8

6

11

12

Date Completed

DAY	MONTH	YEAR
13	15	17 18

13	15	17	18
----	----	----	----

19
Last Name

First Name

49

12 Street

Apt.

42

City

Ont.

Postal Code

73

As well as your award certificate we feel you deserve a little something extra.

Please select either a crest or pin

Pin ☐ 74 Crest ☐ 75

Moved recently? Fill in new address below.

Street _____ Apt. _____

City _____ Prov. Ont. _____ Postal Code _____

FitFive 5th Level Questionnaire

Please complete the following questions and include with the Level Scoring Booklet Application Form:

Please list below the activities you have engaged in, and the number of filled-in circles for each (only list those 3 activities you have engaged in most, if you have participated in 4 or more activities):

	Activity Code	No. of Circles
1 _____	2 12 13	15
2 _____	18 	20
3 _____	23 	25
4 _____	28 	30

All Other Activities

What is your current weight at the completion of this level of the program?

36

Kg or

39

Lbs.

Are you also enrolled in the Family FitTogether Program? Y-Yes ☐ 42 N-No ☐ 43

Program completed by yourself ☐ 44 Or with a group ☐ 45

Total =
Circles

33

5	0	0
---	---	---

References:

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Bantam 1970

And

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Cooper, Dr. Kenneth

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Physical Fitness Handbook

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and Bookstores

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Box 5100

Thornhill, Ont.

L3T 4S5

Physical Fitness—The

Pathway to Healthful Living

Hockey, Robert V.

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Food and Fitness

Vol. XXIV No.1

Ontario Blue Cross

150 Ferrand Dr.

Don Mills, Ont.

M3C 1H6

Overweight—Causes, Cost and Control

Mayer, Jean

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The Runner's Book

Fixx, Jim

**Stress, A Report From
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Ontario Blue Cross
150 Ferrand Dr.
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M3C 1H6

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Spino M.
Celestial Arts

Nutrition Education Resources

Nutriscore

R. Fremes & Z. Sabry
Methuen Publications
2330 Midland Ave.
Agincourt, Ontario
M1S 1I7

Food: Fact and Folklore

A. Jenner
McClelland & Stewart Ltd.
25 Hollinger Road
Toronto, Ontario
M4B 3G2

**The Family Guide To
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60 St. Clair East, Toronto

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P.O. box 208
Palo Alto, California

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(Vegetarian)
F. Moore Lappe (1971)
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201 East 50th Street
New York, N.Y. 10022

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You Are What You Eat—25¢
Food and You (1 copy free)
Consumer Response Centre
General Foods Kitchen
Box 4019, Terminal "A"
Toronto, Ontario M5W 1J6

A Diet for Living

J. Mayer
Pocket Books
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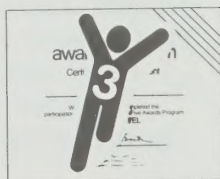
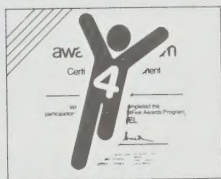
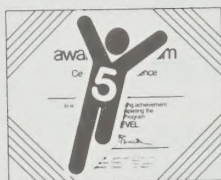
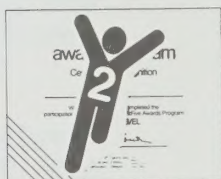
Pamphlets / Booklets

- | | | |
|--|---|------|
| <ul style="list-style-type: none">• Easy Eating with Canada's Food Guide• Canada's Food Guide• Food and Your Heart• Pamphlets on other nutrition topics | Local Health Unit/Department
or
Communications Branch
Ontario Ministry of Health
9th Floor, Hepburn Block
Queen's Park
Toronto, Ontario M7A 1S2 | free |
|--|---|------|
-

- | | | |
|--|--|------|
| <ul style="list-style-type: none">• Food and Fitness | Public Relations Division
Ontario Hospital Association
150 Ferrand Drive
Don Mills, Ontario M3C 1H6 | free |
|--|--|------|
-

Colour a wall with pride.

Your FitFive award certificates have all been colour-coded and designed to form an impressive display when framed and mounted on the wall.





**You get
more out of living
when you
put more into life.**



Ontario

Ministry of
Culture and
Recreation

Sports and
Fitness
Branch

Hon. Reuben C. Baetz
Minister
Douglas Wright
Deputy Minister

ISBN 0 7743 4848 8